

NAVRESREDCOMMIDWESTINST 5100.3C
Code N9
7 Feb 01

NAVRESREDCOMMIDWEST INSTRUCTION 5100.3C

Subj: TOBACCO USE CESSATION, PREVENTION, AND EDUCATION

Ref: (a) SECNAVINST 5100.13A
(b) NTCGLAKESINST 5100.29E

1. Purpose. To provide command policy and guidance in support of references (a) and (b), and to assist in promoting smoking cessation and education within the Department of the Navy.

2. Cancellation. NAVRESREDCOMREGTHIRTEENINST 5100.3B.

3. Background. Smoking of tobacco has been determined to be the most preventable cause of illness and death. The use of oral tobacco causes oral cancer and gum disease. Environmental tobacco (second hand/passive smoke) also poses a health risk for non-smokers. The use of tobacco or exposure to tobacco smoke can reduce the performance level of individuals, shorten one's life span, and reduce the readiness of our military personnel.

4. Policy

a. An environment will exist that supports abstinence and discourages the use of tobacco products, creates a healthy working environment, and provides smokers encouragement and professional assistance to stop smoking.

b. A continuing educational tobacco-use cessation program shall be available to assist personnel.

5. Action

a. Commanding Officers shall:

(1) Give maximum support to the Tobacco Use Cessation Prevention, and Education Policy.

(2) Initiate an active program which offers personnel maximum opportunities to attend smoking cessation programs.

(a) Provide general military training for all members regarding:

1 Nicotine addiction and its negative impact on readiness.

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2 Health risks of tobacco use.

3 Availability of assistance for non-tobacco use.

(3) Designate outside tobacco-use areas for buildings. Ensure appropriate control and policing of outside tobacco areas. These areas shall not be at the front or conspicuous to entrance areas to a building. Personnel using outside tobacco-use areas shall be in proper uniform, including cover. While in uniform, tobacco use outside of designated tobacco-use areas is prohibited. This includes tobacco use while going to and from a designated tobacco-use area.

(4) Prohibit tobacco use in all facilities under control of Naval Reserve Readiness Command Midwest (REDCOM MW).

(5) Prohibit tobacco use within all government owned or leased vehicles at all times.

b. All DON military personnel, civilian employees, including non-appropriated fund employees, contract personnel, dependents, guests/visitors shall comply with published restrictions for tobacco use while in any DON building, facility, or government owned or leased motor vehicle under the control of REDCOM MW.

c. The Command Drug and Alcohol Program Advisor (DAPA) shall coordinate with the command fitness coordinator and the REDCOM MW DAPA to provide current information on available cessation, prevention, and educational programs.

/s/
J. A. SLAY
Chief of Staff

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